The mission of St. Anthony Park Area Seniors is to enrich the lives of community seniors and provide assistance in maintaining independence and interdependence through professionals and volunteers providing at-home living assistance, wellness activities, nursing care, and caregiver support.
In early June the world of leaf and blade and flowers explodes, and every sunset is different.

- John Steinbeck

Jodie Bringardner, R.N.

Jodie has been with St. Anthony Park Area Seniors for 20 years! First, as a visiting nurse with our contracted nursing agency. Then, since 2014, as a volunteer nurse covering community events in which this program participated. Since those events were cancelled during the pandemic, we have not seen her for quite a while.

However, we are happy to report that Falcon Heights has decided to hold its Ice Cream Social this July 22nd. We have been asked to take part, and Jodie has agreed to do blood pressure checks. We will be so glad to see her again and our many area neighbors as well.

Jodie is originally from a small town in central Minnesota. She received her nursing degree from the University of Minnesota and remained in the metro area when she began working. Although she has a demanding full time job during the day, she always finds time to volunteer for us after hours when we ask.

We appreciate her many years of service. Come meet her on July 22nd, anytime.
Get Connected to Your COVID-19 Vaccine!

mn.gov/vaccineconnector

Minnesota’s COVID-19 Vaccine Connector:
The Minnesota COVID-19 Vaccine Connector is a tool that helps you find out when, where, and how to get your COVID-19 vaccine. Insurance and identification are not needed, and signing up is free.

When you become eligible to get the vaccine, the Vaccine Connector will:
• let you know you are eligible.
• connect you to resources to schedule a vaccine appointment.
• notify you if there are vaccine opportunities in your area.

How do I sign up?
Signing up for the Vaccine Connector is easy, safe, and secure. All Minnesotans should sign up, regardless of whether they are currently eligible to get vaccinated.

Online
Sign up at:
mn.gov/vaccineconnector

By Phone:
Translation is available.
If you are unable to sign up online, you can sign up over the phone. Translation is available by phone in all languages.
Call: 651-318-0989 or 833-431-2053

Encourage your friends and family to sign up, too.

ROLL UP YOUR SLEEVES, MINNESOTA.
Be ready when it’s your shot!
What You Should Know About COVID-19 Vaccines

Many people have questions and concerns about the new COVID-19 vaccines. This is normal. This document gives you the facts on COVID-19 vaccines.

- **No safety steps have been skipped in making the COVID-19 vaccines.**
  COVID-19 vaccines have gone through the same safety steps and studies as other vaccines. Medical researchers were able to make the vaccines quickly because of years of earlier research and money from the federal government.

- **COVID-19 vaccines work for everyone ages 16 and older.**
  All COVID-19 vaccines were tested in clinical studies with tens of thousands of people of different ages, races, and ethnicities to make sure they were safe and worked.

- **The COVID-19 vaccines cannot change your DNA.**
  The mRNA (messenger RNA) in the Pfizer and Moderna COVID-19 vaccines is not able to change or modify a person’s genetic makeup (DNA), because it never enters the center of cells, which is where DNA is made. After the mRNA does its job, it is destroyed by the body.

- **The Johnson & Johnson COVID-19 vaccine does not have fetal tissue in it.**
  This vaccine is made using a harmless cold virus, called an adenovirus. The cold virus is grown on fetal cells collected decades ago that have been maintained by the vaccine maker. Many faith groups and bioethical institutes have stated that people may ethically receive this vaccine when other vaccines are not available.

- **COVID-19 vaccines do not contain microchips.**
  The new COVID-19 vaccines do not contain microchips to track or monitor people.

- **COVID-19 vaccines do not have preservatives, eggs, or pork products.**
  COVID-19 vaccines do not contain: latex; preservatives; or any animal byproducts, including pork products or gelatin. The vaccines are not grown in eggs and do not contain egg products.

- **Pregnant people can get vaccinated.**
  The current data we have show that the COVID-19 vaccines do not impact the fetus or cause miscarriages. We encourage anyone who is pregnant to talk to their doctor about getting vaccinated to understand the benefits and risks of vaccination.
# June 2021 Calendar

## St. Anthony Park Area Seniors (651-642-9052)

[www.sapaseniors.org](http://www.sapaseniors.org)

### June 2021

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**Other SAPAS activities may be cancelled due to inclement weather. Please call the office.**

**New policy as of 1/29/2019: If St. Paul Public Schools are cancelled due to inclement weather, SAPAS exercise and yoga classes will also be cancelled.**

- Caregiver & Bereavement Support Groups: 10-11:30 AM online, call office or e-mail office@sapaseniors.org for Zoom link
- Chair Yoga (no charge): 11 am-noon online, class is full
- Concert with Dave Lee (no charge): 10 am online, call office or e-mail office@sapaseniors.org for Zoom link
- Concert with Elizabeth Lee (no charge): 10 am online, call office or e-mail office@sapaseniors.org for Zoom link
- Cookie decorating (no charge): 11:30 am-12:30 pm online, call office or e-mail office@sapaseniors.org for Zoom link
- Coloring day (no charge): 12:30-1:30 pm online, call office or e-mail office@sapaseniors.org for Zoom link
- Lunch Bunch (no charge): Online gathering from noon-1 PM, call office or e-mail office@sapaseniors.org for Zoom link
- Older Adult Resource Series (OARS)
- Tai Ji Quan - Moving for Better Balance I (no charge): 10 am online, call office or e-mail office@sapaseniors.org to see if space is available

*SAPAS does not charge for any of our activities or events. However, sponsoring these activities and events does have a cost to it, so twice a year we send a letter to participants asking for a financial contribution to help offset our costs. We encourage you to participate with St. Anthony Park Area Seniors whether or not you make a financial contribution.*

---

Download the June 2021 calendar [here](http://www.sapaseniors.org)
Online Concerts through St. Anthony Park Area Seniors!

Thanks to Dave and Elizabeth Lee for sharing their musical gifts with us during the past few months. It's a lovely way to start my day.

Listen to the recording of Dave Lee's May 10 concert here: https://us02web.zoom.us/rec/share/GEmvYwf7yzCP1I2kMHubwVCaHNT6kCs6yYjrJ8BGfXP3JtVzRoeUN3jbo7TZuGcAI.81ktYvifyRT4pHC2 Passcode: iu.JS7zC

We have scheduled two more concerts for June.

On **Monday, June 7 at 10 am** Dave Lee will share another set of guitar music.

On **Monday, June 21** at 10 am Elizabeth Lee will share another set of piano music.

To receive the link so that you can join the concert, send an e-mail to office@sapaseniors.org or call the office at 651-642-9052. Be sure to include your name and the e-mail address where you would like us to send the link.
Borrow an iPad from Us!

We have purchased a few iPads to lend at no charge to seniors and caregivers for:

- virtual doctor visits
- caregiver support groups
- our exercise and poetry classes
- our Older Adult Resource Series presentations
- ordering groceries online

Delivery available within our service area.

Can be borrowed for a day or two at a time.

www.sapaseiors.org | 651.642.9052
St. Anthony Park Area Seniors volunteer, Niza Hanany, has been sharing her time and talents related to chair yoga through Zoom since November 2020. The class is being extended through June 11. Contact the St. Anthony Park Area Seniors office at office@sapaseniors.org or 651-642-9052 if you are interested in taking this class in the future.
St. Anthony Park Area Seniors has items to give away and others to lend! We have masks and puzzles aplenty for interested seniors. We also have equipment such as iPads, canes, walkers and wheelchairs that we lend out on a short-term basis.

**Ideas for Activity During this Time of Isolation**

- Do a Sudoku puzzle.
- Send a thank you card to someone who isn't expecting it.
- Exercise - Is it a good day for a walk or a class on [TPT](https://www.teacherspayteachers.com)?
Look at some fun periodic (chemistry) videos.

- Call at least one or two people each day. If appropriate, place one of these calls to a loved one in an isolated care facility.

Caregiver Corner:

Consider attending the online concert we have scheduled this month. You might hear music that you recognize and can sing along to! We'll have a guitar concert on June 7 at 10 am and a piano concert on June 21 at 10 am. Contact our office to get the online link.

The St. Anthony Park Caregiver Support Group is using an online format through Zoom. It meets on the first Thursday each month from 10-11:30 am. We have iPads and connected hot spots to lend if you need a device and/or internet connection in order to participate in this opportunity. If you would be interested in learning how to participate in this support group, call 651-642-9052.

Check out the next few slides for other events and opportunities that might interest you.
Watch the Dementia: Caring & Coping episode "What's your Plan? Legal Considerations when Facing a Dementia Diagnosis" presented by Leah Gilbert, J.D. and hosted by Lori La Bey.

Check out the upcoming shows in the series.
The Minnesota Board on Aging has entered into a contract to provide Trualta, a statewide online education portal for caregivers. Trualta hosts an extensive library of educational courses and videos, including Teepa Snow presentations.

Contact the St. Anthony Park Area Seniors office at 651-642-9052 if this is something that you might be interested in.

Trualta Overview recorded meeting on May 10.
To download a PDF of Tips to Offer Families, click here.

Our Lunch Bunch is moving right along this spring. In May we celebrated the Kentucky Derby and the better weather. We play BINGO at each gathering and check in with all of the participants. In June we look forward to finding out what Alisa Jesse, our service
The Lunch Bunch gatherings in June will be on Wednesdays, June 9 & 23. If you would like to be part of our Lunch Bunch, please call us at 651-642-9052 to receive the Zoom invitation and some BINGO cards.

Are there services or activities that you wish St. Anthony Park Area Seniors would offer? Let us know. We would love to work with you to provide what YOU want.

Greetings:

Do you know senior residence who are struggling with changes in their vision? Changes in vision can make it difficult to continue with everyday activities like reading the paper, cooking, and staying active. The National Federation of the Blind of Minnesota, State Services for the Blind, and BLIND Inc., of Minneapolis are here to help.

The 2021 Possibilities Fair (happening virtually) is the place for seniors to learn about resources available to them that can help them adjust to changes in vision and learn to live the life they want to lead!

The Possibilities Fair will take place:

- June 15, 2021
- 1:00 pm – 3:00 p, Via Zoom
- There is no cost for this event
- Register by calling 763-404-9116

We’re asking for your help in distributing the enclosed flyer. Please pass it along to seniors you know who would benefit from attending and post in areas where your residents might see it. A copy of this flyer can also be downloaded at www.mnsssb.org.

Thank you for your kind assistance in making sure that seniors experiencing changes in their vision can get connected with the resources they need in order to live well.

Edward Lecher, Senior Services, State Services for the Blind

Minnesota Department of Employment and Economic Development
State Services for the Blind
2200 University Ave W, Suite 240, St. Paul, MN 55114
Phone 651-539-2373
mn.gov/deedl
Cyberseniors is a great resource that some of our seniors have tried and been pleased with the assistance they have received.

East Side Elders, a fellow Living at Home Network program, has developed coloring pages for all ages. Look here for Volume 12. Color your world!
Nutrition for Eye Health

by Kara Sommerfeld

This newsletter format makes it difficult to read our nutrition columns, especially the recipes. Please click on the link below to go to a full-page version of this month's article:

Nutrition for Eye Health

Saint Anthony Park Area Seniors

WOULD YOU LIKE REGULAR WELL-BEING CHECKS FOR A LOVED ONE?

Try our new Hello Service for seniors!

Three levels of service are available:
- a weekly phone call
- a daily phone call (M-F)
- a daily phone call (M-F) and a monthly visit

Service can be ongoing or for short periods of time.

Call us today for more information, including pricing.

A service that may give you some Peace of Mind.

www.sapaseniors.org | 651.642.9052
Grocery Shopping Hours

Store hours are constantly changing, but here are some of the hours that we know about.

**Senior Shopping Hours:**
- Roseville Target Tuesdays 7-8 am
- Walmart Tuesdays 6-7 am
- Whole Foods Fridays 7-8 am

**Speedy Market Partnership**

St. Anthony Park Area Seniors has a partnership with Speedy Market to provide free delivery on Friday for seniors who can’t make it to the store due to conditions such as the pandemic, weather, injury, recent surgery or general physical condition.

Contact the St. Anthony Park Area Seniors office at 651-642-9052 to find out how to get on the list. Thank you, [Speedy Market](https://us13.campaign-archive.com/?e=__test_email__&u=f53271076272e6c75271ad6b6&id=09fd913cfb)!
Juniper
Online Classes

Classes are offered virtually via HIPAA-secure video-conferencing. No video experience necessary. We'll teach you!

UPCOMING CLASSES

### A Matter of Balance
 Jul 8 – Aug 26; Thursdays
 1:00 PM to 3:00 PM – Register

### Aging Mastery Program
 Jun 21 – Aug 16; Mondays
 1:00 PM to 2:00 PM – Register

### Living Well with Chronic Conditions
 Jun 9 – Jul 21; Wednesdays
 9:00 AM to 11:30 AM – Register
 Jun 15 – Jul 30; Tuesdays
 10:00 AM to 12:30 PM – Register

### Living Well with Chronic Pain
 Jul 13 – Aug 24; Tuesdays
 9:00 AM to 11:30 AM – Register
 Jul 16 – Aug 20; Fridays
 10:00 AM to 12:30 PM – Register

### Living Well with Diabetes
 Jun 15 – Jul 20; Tuesdays
 1:00 PM to 3:30 PM – Register

### Social Connect
 Jun 22 – Jul 27; Tuesdays
 1:00 PM to 2:00 PM – Register
 Jun 24 – Jul 19; Thursdays
 1:00 PM to 2:00 PM – Register

### Stay Active and Independent for Life
 Jun 7 – Jul 30; Mon, Wed & Fri
 9:30 AM to 10:30 AM – Register
 Jul 5 – Aug 25; Mon, Wed & Fri
 8:30 AM to 9:30 AM – Register

### Walk with Ease
 Jun 7 – Jul 21; Mon & Wed
 11:00 AM to 11:30 AM – Register
 Jul 2 – Aug 6; Mon, Wed, Fri
 1:00 PM to 1:30 PM – Register

To register, or search for additional classes, visit yourjuniper.org or call 1-855-215-2174

Juniper is a statewide network that helps people live well, get fit, and prevent falls.

yourjuniper.org | Toll Free 1.855.215.2174
This month's Donation Spotlight is on:

Falcon Heights-Lauderdale Lions Club

We thank the Falcon Heights-Lauderdale Lions Club for their donation to St. Anthony Park Area Seniors so that we could renew our subscription to Zoom for another year and purchase new equipment for wellness checks in the community. By making those donations they are making this community stronger every day.
Stats Check-In:

A service that experienced a break for the pandemic was respite for caregivers. We weren't sending volunteers into seniors' homes. But.....now we can if the senior and volunteer are both comfortable with the situation and at least one of them is fully vaccinated! So if you would like to engage one of our volunteers to give you a little respite, please contact the SAPAS office at 651-642-9052.

COVID-19 Update:

· Gathering together for excises classes or group activities continues to be against the CDC and Governor’s recommendations. It would still put seniors at risk. **However, we have converted many of our activities online. Currently we are offering Tai Ji Quan: Moving for Better Balance, Chair Yoga, SAP Caregiver Support Group, and Lunch Bunch.**

    We look forward to "seeing" you soon....hopefully in the next few months! Stay tuned!
Many individuals and businesses have given donations throughout the years because they find value in helping seniors maintain their independence and remain in their homes if it is safe and what the senior wants to do. We began a new fiscal year on July 1, 2020, so this is our first donor list for the fiscal year.

Donations can be made by check, online or through electronic bank transfer.

For a complete listing of donors who do not wish to remain anonymous, please visit the donate tab on our website.

St. Anthony Park Area Seniors also greatly appreciates the financial support from the following local businesses, government and private foundations:

Boreal
Como Rose Travel
Falcon Heights–Lauderdale Lions Club
Hardenbergh Foundation
Holcomb–Henry–Boom–Purcell Funeral Home
Medtronic
Otto Bremer Trust
Ramsey County
Ray Edwards Memorial Trust
St. Anthony Park Community Foundation
St. Anthony Park United Church of Christ
St. Paul Pipeworks
State of Minnesota – Department of Human Services
State Farm Insurance
Thomas Landscape of Minnesota, Ltd.
Thrivent Choice
Thrivent Financial Foundation

Leave a Legacy:
Remember St. Anthony Park Area Seniors in your Will

If St. Anthony Park Area Seniors is important to you, a simple but profound way to express your appreciation by making a planned gift.
Matching Gifts are Welcome!

Many local companies will provide matching gifts when their employees support non-profits such as St. Anthony Park Area Seniors. with either a donation or volunteer time. Check with your employer to see if you have a matching gift program.